

START TO WALK 5 KM

	dag	training	opmerkingen
week 1	1		
	2	15 min	😊 😐 😞
	3		
	4	15 min	😊 😐 😞
	5		
	6	20 min	😊 😐 😞
	7		

	dag	training	opmerkingen
week 6	1		
	2	30 min	😊 😐 😞
	3		
	4	30 min	😊 😐 😞
	5		
	6	40 min	😊 😐 😞
	7		

week 2	1		
	2	15 min	😊 😐 😞
	3		
	4	15 min	😊 😐 😞
	5		
	6	20 min	😊 😐 😞
	7		

week 7	1		
	2	40 min	😊 😐 😞
	3		
	4	30 min	😊 😐 😞
	5		
	6	45 min	😊 😐 😞
	7		

week 3	1		
	2	15 min	😊 😐 😞
	3		
	4	20 min	😊 😐 😞
	5		
	6	25 min	😊 😐 😞
	7		

week 8	1		
	2	45 min	😊 😐 😞
	3		
	4	40 min	😊 😐 😞
	5		
	6	50 min	😊 😐 😞
	7		

week 4	1		
	2	20 min	😊 😐 😞
	3		
	4	20 min	😊 😐 😞
	5		
	6	25 min	😊 😐 😞
	7		

week 9	1		
	2	45 min	😊 😐 😞
	3		
	4	45 min	😊 😐 😞
	5		
	6	50 min	😊 😐 😞
	7		

week 5	1		
	2	25 min	😊 😐 😞
	3		
	4	25 min	😊 😐 😞
	5		
	6	30 min	😊 😐 😞
	7		

week 10	1		
	2	45 min	😊 😐 😞
	3		
	4	30 min	😊 😐 😞
	5		
	6	5 km	😊 😐 😞
	7		